

## ABSTRACT OF THE DISCLOSURE

The invention relates to a method for controlling and adjusting digitally or analogically adjustable shock absorbers, preferably in a two-axle road vehicle where the shock absorbers are controlled according to the situation by means of a control signal such that the road performance of the vehicle is improved when understeering or oversteering occurs. To improve the dynamics of movement of a vehicle in any driving situation, it is proposed according to the invention, to determine phase magnitudes, from which the phases of the control signals is calculated, and, in the case of a driving situation with a tendency to sway, to determine a moment in time, as a function of at least the magnitudes which describe the rotation of the vehicle about the vertical axis, when a correct phase control of the shock absorbers of the vehicle is carried out to increase the steerability when understeering occurs and to increase the driving stability when oversteering occurs.